



AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

2009-2010 Quarterly Calendar Schedule



*714-791-5877 (Chief Instructor) www.AJKSTKD.com *949-394-0410 (Account Manager)

September

October

SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2	3	4	5 11&up: 11-12PM **All Belt: 12-1PM *Sparring: 1-3PM					1 TKD All Belt: 3-4:30PM PRIVATE	2** All Belt: 3-4:30PM PRIVATE	3 11&up: 11-12PM **All Belt: 12-1PM *Sparring: 1-3PM
6	<div style="border: 1px solid black; padding: 10px;"> <p>Check out our <u>NEW</u> Flexible Schedule!</p> <p>AJK's is excited about this year's class schedule! <u>All belts</u> are welcomed to attend any <u>one</u> or <u>two</u> day combination per week! We will <u>now</u> be offering <u>All Belt Classes</u> on Saturdays. The <u>11 and up Class</u> has moved to Saturday. Also, we are excited to announce that <u>Sparring Classes</u> are open to <u>all belt levels</u>. Please <u>check schedule for days and times</u>.</p> </div>					12 No TKD	4	5 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	6 TKD All Belt: 3-4:30PM	7 TKD All Belt: 3-4:30PM	8 TKD All Belt: 3-4:30PM PRIVATE	9* TKD *Sparring: 3-4:30PM	10 11&up: 11-12PM **All Belt: 12-1PM *Sparring: 1-3PM
13	1					19 11&up: 11-12PM **All Belt: 12-1PM *Sparring: 1-3PM	11	12 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	13 TKD All Belt: 3-4:30PM	14 TKD All Belt: 3-4:30PM	15 TKD All Belt: 3-4:30PM PRIVATE	16* TKD *Sparring: 3-4:30PM	17 No TKD
20	2					26 *T JKI	18	19 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	20 TKD All Belt: 3-4:30PM	21 TKD All Belt: 3-4:30PM	22 TKD All Belt: 3-4:30PM PRIVATE	23** All Belt: 3-4:30PM PRIVATE	24 An Afternoon Halloween Dream 1:00 PM to 3:00 PM
27	28 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	29 TKD All Belt: 3-4:30PM	30 TKD All Belt: 3-4:30PM				25	26 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	27 TKD All Belt: 3-4:30PM	28 TKD All Belt: 3-4:30PM	29 TKD ***** Pro. Test 3:30-5PM	30 No TKD	31 No TKD

NOTES

- BBC (Black Belt Classes): Open to Rec. black and black belts, and are offered Mon. and Sat. *See schedule for days and times.*
- Tournament Classes: Open to athletes who desire to compete, and are made through private appointments *only*.
- **Friday Fun Days: Open to ANY belt level and are offered on Fri. *See schedule for days and times.*



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November

NEWS BULLETIN

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	3 TKD All Belt: 3-4:30PM	4 TKD All Belt: 3-4:30PM	5 TKD All Belt: 3-4:30PM PRIVATE	6** All Belt: 3-4:30PM PRIVATE	7 11&up: 11-12PM **All Belt: 12-1PM *Sparring: 1-3PM
8	9 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	10 TKD All Belt: 3-4:30PM	11 No TKD	12 TKD All Belt: 3-4:30PM PRIVATE	13 TKD *Sparring: 3-4:30PM	14 Special Rank Day 10AM- 12PM
15	16 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	17 TKD All Belt: 3-4:30PM	18 TKD All Belt: 3-4:30PM	19 TKD All Belt: 3-4:30PM PRIVATE	20 TKD *Sparring: 3-4:30PM	21 11&up: 11-12PM **All Belt: 12-1PM *Sparring: 1-3PM
22	23 No TKD	24 No TKD	25 No TKD	26 No TKD	27 No TKD	28 No TKD
29	30 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15					

- *Check out our New Class Schedule! All belts are welcomed to attend any one or two day combination per week! We will NOW be offering All Belt Classes on Saturdays! Also, 11 and up Class has moved to Saturday. *Please check schedule for days and times.**
- **Adult TKD Classes (11 & up) are held on Saturdays.** These classes are for personal fitness and/or TKD training and advancement.
- **AJK's offers 16 hrs. of sparring per ¼ . Sparring Classes are *now open to all belts.* Green belts or higher must have at least 8hrs. of sparring since their last test to be eligible to advance. **AJK's is now offering 1 hr. Sparring classes on Fridays at Carden Hall. Refer to ¼ Cal. for dates and times. *Black Belts should attend at least the first hour of a Saturday sparring class.*****
- **Come join us on Saturday, October 24th from 1 PM to 3 PM at the TKD Center for *An Afternoon Halloween Dream!* (Details to follow.)**
- **Special Rank Day is for those students who are a Rec. black or higher. Get ready for some REAL FUN at the beach! On 11/14 from 10 A.M. to 12 P.M. let's enjoy some beach volleyball! (Details to follow.)**
- **Tournament Classes will be offered through private appointment *only* on Thur., Fri., & Sat. Our tournament policies have changed. This information will be mailed to active tournament members.**

NOTES

- ***Sparring Classes:** Open to green belts or higher. These classes are offered on Fri. & Sat. *See schedule for days and times.*
- **Weapon Class:** Open to green belts or higher. These classes are *now* built into Sat. TKD Classes at no charge.
- **NEW 11 & Up Class:** Open to ages 11 & up and are offered on Sat. *See schedule for days and times.*